

Westminster Council on Aging October 2021 Newsletter

69 West Main Street, P. O. Box 212, Westminster, MA 01473



978-874-7402



**HAPPY
BIRTHDAY
TO SENIORS
CELEBRATING
IN OCTOBER!**



**WHEN THE WORLD IS WRAPPED IN SLUMBER,
AND THE MOON IS SAILING HIGH,
IF YOU PEEP BETWEEN
THE CURTAINS,
YOU'LL SEE WITCHES
RIDING BY!
HAPPY HALLOWEEN!**



Integrity Medicare Advisors
Medicare Made Easy

YOU DON'T HAVE TO NAVIGATE MEDICARE ALONE!

Keith Aubin of Integrity Medicare Advisors, with over 20 years experience, is licensed and AHIP Medicare certified to help you make sense of all the choices you are faced with.

From choosing a Medicare Advantage or Supplement Plan, identifying potential programs to help you pay for prescriptions, to assistance applying for Frail Elder Waivers/DSNP, Keith can help!

Keith will be at the Westminster Senior Center on Thursdays, 8:00 am - 4:00 pm. To schedule your free, one-on-one appointment, please call the Westminster Senior Center at 978-874-7402.



**Saturday, October 16
Village Center
10am-5pm
Free Admission
Rain or Shine**

**Arts & Crafts ~ Food Vendors ~ Beer Garden ~ 5K Walk/Run
Live Music 10am-5pm ~ Featured Artist/Max Recoil**

For more info and race registration, visit crackerfestival.com

LOOK FOR THE WESTMINSTER COUNCIL ON AGING TABLE FOR SENIOR INFORMATION, RESOURCES, & NEWSLETTERS.

Elizabeth Kalmansson, Attorney at Law

Elder Law | Wills | Trusts | MassHealth Planning & Applications

It is important to have a plan for the future. With a few simple documents, we can help to ensure that you and your estate will be taken care of according to your wishes. Our basic estate planning package is sufficient for most clients and very affordable.

Law Offices of Kalmansson & Kalmansson e: elizabeth@kalmanssonlaw.com
48 West Street p: 978-343-7772
Leominster, MA 01453 w: kalmanssonlaw.com

Clarity. Confidence.

You deserve a bank that actually cares.

Fidelity Bank

Helping you get where you want to be™



Call 800.581.5363

FidelityBankOnline.com



FORBES LANDSCAPING

Spring Cleanups
Lawn Maintenance & Installations
Patios & Walkways • Stone & Block Walls
FREE ESTIMATES • FULLY INSURED
978-855-4942



**Heywood
Wakefield
COMMONS**

An Assisted Living Residence

A New Place to Call Home
in a Community that Cares

To schedule a tour or for more information,
call Kristy Livingston at (978) 632-8292.

www.hwcommons.com

50 Pine Street • Gardner, MA • (978) 632-8292



Care Central VNA
& Hospice, Inc.

Healthcare in Your Neighborhood

978-632-1230

carecentralvnahospice.org

Formerly GVNA HealthCare, Inc.

Skilled Homecare
Hospice
Adult Day Health Services
Private Duty Services
Healthy Families
Rehab Services
Support Groups

**BE YOURSELF.
BRING YOUR PASSION.
WORK WITH PURPOSE.**

LPI is Hiring Ad Sales Executives

Full-Time with Benefits | Paid Training
Expense Reimbursement | Travel Required



Contact us at: careers@4lpi.com
www.4lpi.com/careers

AVAILABLE FOR A LIMITED TIME!

ADVERTISE HERE NOW!

Contact **Duane Budelier** to place an ad
today! dbudelier@lpicommunities.com
or (800) 950-9952 x2525

**Brenda
Albert**
REALTOR

LAER
REALTY PARTNERS™

Exceptional Service Before, During & After the Sale

I will help you with all of your real estate needs

(c) 978-621-3168 (o) 978-534-3100

www.URHomeTeam.com

email BAAlbert@LAERrealty.com

63 Merriam Avenue Leominster, MA 01453



**PROTECTING SENIORS NATIONWIDE
MEDICAL ALERT SYSTEM**



\$29.95/MO

BILLED QUARTERLY

- No Long-Term Contract
- Price Guarantee
- Made and monitored in the USA

PLUS
SPECIAL
OFFER



CALL NOW! 1.877.801.5055
WWW.24-7MED.COM

GARDNER
Rehabilitation and Nursing Center

**Your Local Choice for
Quality Therapy Service**

Returning 95% of all admissions
back to the community

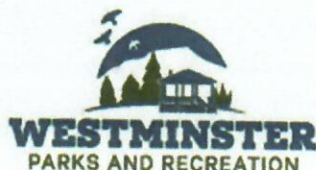
59 Eastwood Circle, Gardner • 978.632.8776 • GardnerRehab.com



SUPPORT OUR ADVERTISERS!



Ad info. 1-800-477-4574 • Church Support 1-800-888-4574 • www.lpicommunities.com Westminster COA, Westminster 03-1136



Trunk or Treat

Application

When: Sunday, October 31, 2021 4:30 – 7:15 p.m. (Town wide Trick or Treating is 5:00 pm till 7:00 pm)

Where: We will have 47 reserved spots, 12 on Bacon and Pleasant Street, and 35 at Meeting House School (across from the Public Safety Building).

What to do: A Trunk or Treat is a Halloween activity, where people park their cars in a large parking lot. They open and decorate the back of their vehicle in order to hand out candy to children.

Who can set-up Trunk or Treat: Town residents or town businesses.

How many Trick or Treaters to expect: 750-1200 (These are how many Trick or Treaters visit Bacon Street on average)

Reserved spots will be given on a first come first application basis. Only preregistered Trunk or Treat applicants will be allowed in designated areas. You will be notified of your location and site #.

All Trunk or Treat people will be required to be parked and in your assigned spot by 4:45 p.m. and cannot move your car until after Trick or Treating ends town wide at 7:00 p.m.

Name: _____

Address: _____

Phone # _____

Email: _____

Location Preference, depending on availability.

Bacon St/ Pleasant St ☐

Meeting House Parking lot across from Public Safety Building ☐

Please email application to rleblanc@westminster-ma.gov or mail to Westminster Parks & Rec 11 South Street, Westminster, MA 01473

Sponsored by Westminster Parks and Recreation Department. Questions, please email rleblanc@westminster-ma.gov. We will also be accepting candy donations to aid local residents who pass out candy in high trick or treating areas. All donations can be mailed or dropped off at the Westminster Public Safety Building, 7 South Street, Westminster, MA 01473



Trunk
or Treat



LET THE GAMES BEGIN!

Wednesdays / October 6 & 20

Westminster Senior Center

9:00 am - 12:00 noon

Your Choice of Cards or Board Games



While you're here, all are welcome to enjoy a delicious, sit-down lunch served at 11:30. Cost ~\$3 Donation payable at meal. 24-Hour advance notice required. For reservations or further details, please call the Westminster Senior Center at 978-874-7402.

TOMMY RULL, SINGER/ENTERTAINER

will perform his show

*"A Musical Journey Through The Years"
for the Westminster Senior Center*



Tuesday, October 19, 2021, 10:30 –11:30 a.m.

Westminster Senior Center

69 West Main St.

Westminster, MA 01473

Take a walk down memory lane. Enjoy the music of Sinatra, Neil Diamond, Kenny Rogers, Paul Anka, Barry Manilow, Elvis, Perry Como, Lou Rawls, Engelbert . . . and many more!

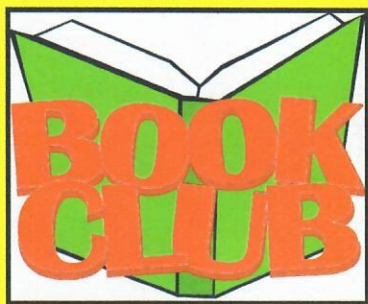


**Mass
Cultural
Council**

"This program is supported in part by a grant from the Westminster Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency."

*For a short video of song clips from Tommy's show
his home page is <http://www.tommyrull.com/>*





YOU'RE INVITED TO JOIN THE BOOK CLUB!

**WESTMINSTER SENIOR CENTER ~ LOUNGE ROOM
FIRST WEDNESDAY OF EACH MONTH**

BEGINNING OCTOBER 6

1:00-3:00 PM

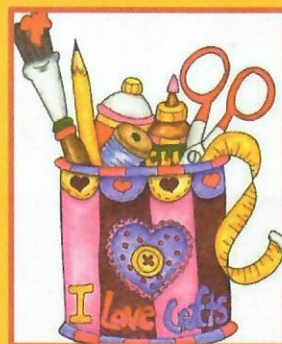
IF INTERESTED, PLEASE E-MAIL ~ MARION.TOMASELLO@COMCAST.NET

The Friendship Club

Wednesday, October 6 ~ 1:00 pm

Westminster Senior Center

*Let's get crafty! Join the fun! All craft material will be provided.
The Friendship Club meets every first Wednesday of the month.
New friends are always welcome to join! Hope to see you there!*

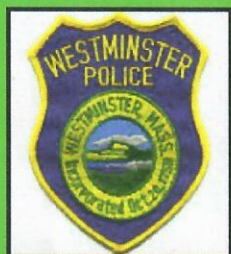


The Westminster Council on Aging Board Meeting will be held Tuesday, October 12, 12:00 pm at the Westminster Senior Center. This meeting is open to the public. All are welcome to attend.

*** PLEASE MAKE NOTE OF NEW TIME ~ 12:00 PM ***

Coffee with the Chiefs

Thursday, October 28 / 9:00 - 10:00 am



Join Westminster
Police Chief, Ralph LeBlanc
Fire Chief, Kyle Butterfield



All are welcome to stop in at the Westminster Senior Center to personally meet with the Chiefs of your Town in a relaxed setting.

Enjoy complimentary coffee while taking the opportunity to ask questions, voice concerns, and share community ideas.



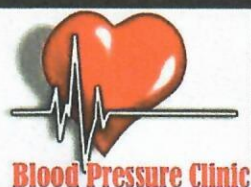
**THE SENIOR CENTER
WILL BE CLOSED
MONDAY, OCTOBER 11
IN OBSERVANCE OF
COLUMBUS DAY.**

**Happy
COLUMBUS
DAY**

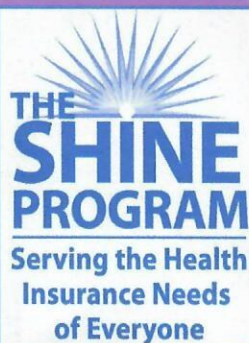


**BILL BJERKE of FALLON HEALTH
at the WESTMINSTER SENIOR CENTER
TUESDAY, NOVEMBER 9 / 9:00-10:00 am**

All are welcome to join Bill as he presents *Medicare Annual Enrollment Period Changes and Enhancements* for Fallon members or anyone who would like to learn what Fallon has to offer. Also, if you're getting ready for Medicare or have any questions with your current coverage, this is a great opportunity for answers!



**Free Blood Pressure Clinic with Eileen!
Every Third Thursday of the Month / 11:00 am-12:00 pm
Walk-ins Welcome!**



NEWS FROM SHINE

MEDICARE OPEN ENROLLMENT IS OCTOBER 15 THROUGH DECEMBER 7

Every year, Medicare Part D and Medicare Advantage (HMO, PPO) plans can change their premiums, co-pays, deductibles, formularies (list of drugs covered), and preferred pharmacies. In the case of Medicare Advantage Plans, they can also drop providers from their Plan. It's important to review your options **EVERY** year to make sure you have the plan that works best for you for next year.

REMEMBER! YOU NEED TO BE SURE THAT YOUR PRIMARY CARE PHYSICIAN AND OTHER PROVIDERS ARE COVERED IN THE PLAN'S NETWORK BEFORE YOU CHANGE TO A DIFFERENT MEDICARE PLAN. YOU SHOULD ALSO BE SURE YOUR MEDICATIONS ARE COVERED AS WELL.

Also, we strongly urge all beneficiaries to sign up for a "MyMedicare Account" on <https://www.medicare.gov>. Having this account will allow us to assist you more comprehensively with your choices for 2022.

Trained SHINE (Serving Health Insurance Needs of Everyone) volunteers can help you! They offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on Medicare. Call your Senior Center and ask for a SHINE appointment. You can also call 1-800-AGE-INFO (1-800-243-4636). Once you get the SHINE answering machine, leave your name and number. A volunteer will call you back. During Open Enrollment, it may take a couple of days to return your call. You can also visit us on the internet at www.shinema.org.



Activities



Monday

Tuesday

Wednesday

Thursday

Friday

<p>HALLOWEEN SUNDAY OCTOBER 31</p>		<p>Let me cackle in your ear, As I've a spell for you my dear, May your road a kind one be, And may you tread it easily, May you find both peace and laughter, Then live happy ever after!</p>			<p><i>*Roast Pork</i> 1 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>
<p><i>*Baked Cod</i> 4 11:30 Lunch 1-4 Mah Jonng</p>	<p><i>*Beef/Broccoli Stir Fry</i> 5 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p><i>*Chicken Francaise</i> 6 9-11:30 Art 9-12 Card/Board Games 11:30 Lunch 12-3:30 Bridge 1-3 Book Club 10:15-11:15 Class at Library Chair & Stand</p>	<p><i>*Chicken Rice Casserole</i> 7 9-12 Wood Carving 9-11 WOW 11:30 Lunch 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance</p>	<p><i>*Salisbury Steak</i> 8 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	
<p>CLOSED 11</p>	<p><i>*Chicken Drumstick</i> 12 9-11:30 Art 11:30 Lunch 12:00 COA Board Mtg 1-3 Bingo</p>	<p><i>*Shepherd's Pie</i> 13 9-11:30 Art 11:30 Lunch 12-3:30 Bridge 10:15-11:15 Class at Library Chair & Stand</p>	<p><i>*BBQ Sliced Pork</i> 14 9-12 Wood Carving 9-11 WOW 11:30 Lunch 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance</p>	<p><i>*Sweet/Sour Meatball</i> 15 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	
<p><i>*Chicken Coq Au Vin</i> 18 11:30 Lunch 1-4 Mah Jonng</p>	<p><i>*Potato Pollock</i> 19 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p><i>*Chicken Cacciatore</i> 20 9-11:30 Art 9-12 Card/Board Games 11:30 Lunch 12-3:30 Bridge 10:15-11:15 Class at Library Chair & Stand</p>	<p><i>*Pot Roast w/Gravy</i> 21 9-12 Wood Carving 9-11 WOW 11-12 Blood Pressure 11:30 Lunch 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance</p>	<p><i>*Macaroni & Cheese</i> 22 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	
<p><i>*Beef & Cabbage</i> 25 11:30 Lunch 1-4 Mah Jonng</p>	<p><i>*Grilled Chicken</i> 26 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	<p><i>*Roast Pork Loin</i> 27 9-11:30 Art 11:30 Lunch 12-3:30 Bridge 10:15-11:15 Class at Library Chair & Stand</p>	<p><i>*Chic Brunswick Stew</i> 28 9-10 Coffee w/Chiefs 9-12 Wood Carving 9-11 WOW 11:30 Lunch 1-4 Crafts 10:15-11:30 Class at Library Stretch, Strength, & Balance</p>	<p><i>*Sloppy Joe</i> 29 9-11:30 Art 11:30 Lunch 1-3 Bingo</p>	

SUPPORT OUR ADVERTISERS!



This is your time to live well,
thrive, grow and belong.

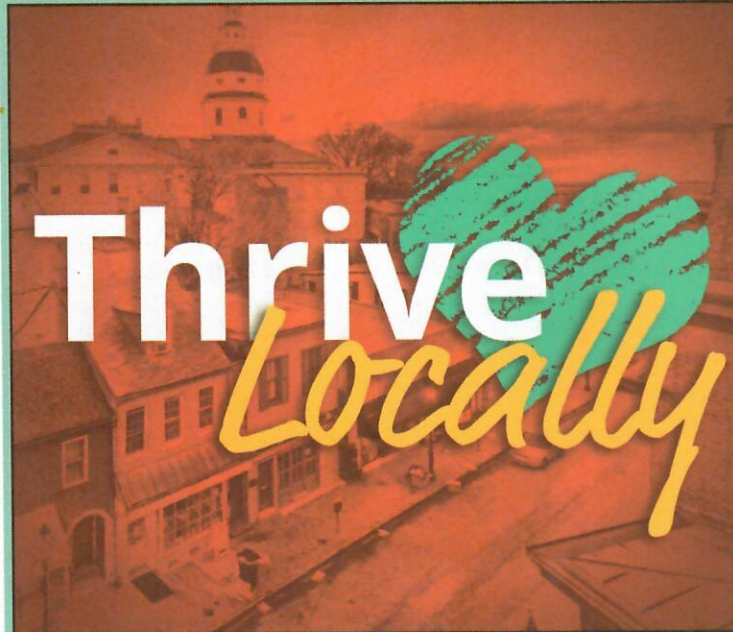
BENCHMARK
SENIOR LIVING
at LEOMINSTER CROSSINGS

1160 Main Street
Leominster MA
LeominsterCrossings.com
978.627.4967



Siding • Roofing • Windows
Decks • Remodeling • Doors

978-846-8422



NEVER MISS A NEWSLETTER!

Sign up to have our newsletter emailed
to you at www.mycommunityonline.com



Ad info. 1-800-477-4574 • Church Support 1-800-888-4574 • www.lpicommunities.com Westminister COA, Westminister 03-1136